



Just as one seed,
when planted and nurtured,
can grow a plant that feeds many mouths,
one small deed
can grow a revolution.



ALANA "MUZKA" JOLENE

WHAT IS AVANT GARDENING?

BY PLAEDO

Every Avant Gardener has their own idea of what Avant Gardening is. Nevertheless, we do share common values of coming together to grow and share food, to teach, heal and empower each other, to make art and Love together. Everyone needs to eat, and we all share this earth, therefore, we create family. Family around the farm, we believe in the garden as a heart of where community lives. Avant Gardening is gardening with the acknowledgement that the natural world does not exist solely to satisfy human objectives. As opposed to attempting to control nature with our agricultural pursuits, Avant Gardeners approach gardening as stewards of our natural environment. And toward that purpose, we use permaculture and biodynamic techniques to heal and transform the land we garden. Hopefully this zine fertilizes your inspiration to start your own autonomous, horizontally organized Avant Gardening collective. 🐞



BY BEN RILEY

IT STARTS WITH A SEED
GROW
WATER
GROW
WATER
GROW
HARVEST
REPEAT

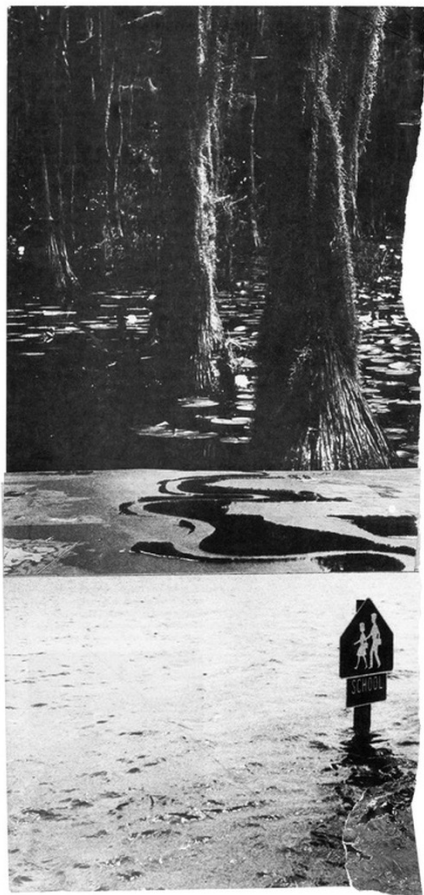
THE CYCLE DOES NOT WORK WITHOUT WATER
THE SEED DOES NOT GROW WITHOUT CARE
THE HOT, DRY AIR DETERS BOTH CARETAKER AND SEED
THEY MUST OVERCOME
BECAUSE WHAT REMAINS IF THEY DON'T?
BROWN, CRUMBLY LEAVES
NOTHING TO HARVEST TODAY
YOU DROPPED THE BALL
WE DROPPED THE BALL
BUT WAIT

THERE'S A LIVE ONE
FROM THE RUINS COMES LIFE
IN THE FORM OF A SINGLE, RIPE TOMATO
SAVE SEED, RESOW
GROW
WATER
GROW
WATER
GROW
HARVEST

REPEAT
THIS TIME WE BEAT THE HEAT
THIS TIME WE CARE
WE SMILE AS THE FRUITS OF OUR LABOR RIPEN
CUCUMBERS, ZUCCHINI, TOMATILLOS, BROCCOLI, BEETS, KALE, CANTALOUPE, CHERRIES—
MMMMMM CHERRIES, WATERMELON, BUTTERNUT SQUASH...
AND NOT JUST ONE, BUT A BUSHEL OF RIPE TOMATOES
TONIGHT, WE FEAST
WE TOAST OUR RESILIENCY
WE DO SO WITHOUT EGO
FOR TOMORROW THE CYCLE STARTS AGAIN
GROW
WATER
GROW
WATER
GROW
HARVEST
REPEAT
THIS TIME THE MOVEMENT TAKES SHAPE
AS OUR SEED COLLECTION GROWS, SO TOO DOES OUR COMMUNITY
WE SOW OUR NEWLY ACQUIRED SEED OF KNOWLEDGE IN THE MIND OF A FRIEND; A NEIGHBOR;
A WILLING, COMPLETE STRANGER
AND WE CARE AS COLLECTIVE CONSCIOUSNESS
GROWS
IT GROWS UNTIL ANOTHER COMES TO HARVEST
AND WE CARE
AND WE SOW
AND WE GROW



NICOLE SIGRID STEVENS

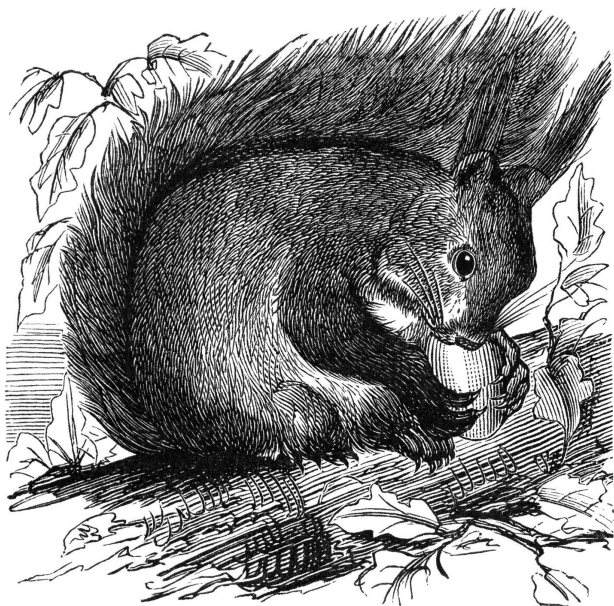


NICOLE SIGRID STEVENS

A POEM

BY LENNÉE REID

TODAY I DEFECT AND JOIN THE SQUIRRELS
LIVE IN TREES WITHOUT PERMITS COPS JAILS
TICKETS OR TAXES I HAVE SEEN TREEHOUSE MASTERS AND
COMPLETELY AGREE TREES MAKE A BETTER FOUNDATION THAN
CONCRETE FREE SQUIRRELS KNOW HOW PEOPLE ARE STAY AWAY FROM
MOST OF THEM MANY WILL HUNT YOU EAT YOU RUN YOU OVER ONLY
A FEW STOP SAY HI HANG OUT SHARE PEANUTS FREE SQUIRRELS PLANT
THE FOREST NOT ARBOR DAY OR WEYERHAEUSER SQUIRRELS WORK
HARD TAKE CARE OF FAMILY ADOPT ORPHANED BABIES SQUIRRELS
LOOK UP HIGH OVER THE FORESTS AND WARN PREDATORS ARE
COMING SMOKE FIRE STORM SQUIRRELS SEE THE WORLD AND
SPEAK PLAN FOR THE FUTURE KEEP SCATTER SEED CHATTER
AND WHIP THEIR TAILS AROUND YEP THAT'S ME
DEFECTED TO THE SQUIRRELS FREE

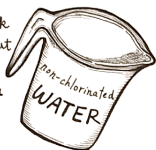


Écureuil commun d'Europe (*Sciurus vulgaris*).

SOURDOUGH

how to build a community
of bacteria and yeast

* Experiment with whole milk or even sauerkraut brine for a unique flavor experience.



equal parts
flour
and
water



* I love using rye flour for my starters. Brown rice flour is a great gluten free option.

ADD organic
grapes or raisins

to jumpstart fermentation

Store in a warm place and stir vigorously once a day for five to seven days until sourdough shows signs of life (growth and bubbles). Feed sourdough equal parts flour and water for a few more days to further activate.



The jar should be breathable. Cover it with a cloth and rubberband or plastic ball jar lid.

Use half a cup of sourdough starter in place of instant yeast in any recipe and allow more time for the rise.

When not in use, store your starter in the fridge. Pour half out and refresh it with flour and water weekly. Otherwise, refresh daily and use often. Like all communities, sourdough starters require commitment, time and love.

HAWTHORNE

BY LAUREN LEWIS

Crataegus spp., There are up to 1000 species of native and cultivated hawthorns in North America, and proper identification can be challenging as they hybridize easily with other plants. The most common species

we might encounter is *C. douglasii*, Black or River Hawthorn, growing along sidewalks, in woody and riparian areas, and backyards.

A member of the rose family, hawthorn can be identified by its namesake thorns, white or pink flowers in the spring, and red clusters of small berry-sized



United States Department of Agriculture Forest Service Collection, courtesy Hunt Institute for Botanical Documentation, Carnegie Mellon University, Pittsburgh, PA.

fruit in the fall. It is classified as a bush, and has historically been used as a hedgerow in Europe, but it can grow tree sized, 20 + feet.

A superb cardiac tonic, the leaves, fruit and flowers of this tree are

LADY HAWTHORN IS THE QUEEN OF HEARTS!

specific to improving heart function.

They contain flavonoids, phenolic acids, tannins, proanthocyanins and many other compounds that work as synergists to tone cardiac muscle and arteries,

improve digestion, reduce blood pressure, and improve overall heart function. It has been used by indigenous peoples in the Americas and China for these effects for centuries. As a tonic, herbal preparations of hawthorn are to be taken on a daily basis for 3 months to a year in order to benefit fully from their ability to heal the heart.

As a flower essence, hawthorn flowers are soothing to the emotional heart of someone who is quick to anger or who has a hot-headed and aggressive mentality. 🐞

*Resources: Felicia Parra and her amazing Ethnobotanical Studies course;
Western Medicinal Plants and Herbs by Steven Foster and Christopher Hobbs;
The Way of Herbs by Michael Tierra, EagleSong Gardner*

A Night of Hawthorn Journeying

*My friend gave me a mystery tincture, and told me to take
only one drop for a subtle, emotional heart healing.*

*I dreamt that night of dolphins in a crystal cove, playing and
laughing, I'm swimming among them, held in this family.*

Waking up, I open my heart to a new reality of love.

HAWTHORN SYRUP

- 6 CUPS FRESH HAWTHORN BERRIES
- DISTILLED WATER
- 5 CUPS HONEY
- OPTIONAL HERBS (GINGER, ASTRAGALUS, ROSE HIPS, ROSE PETALS, ETC.)

Pick and rinse berries in a colander and remove stems. Submerge berries in a bowl of ice water, allowing debris and bugs to float to the surface. Pour off. Place berries in a pot with 1 cup distilled water. Bring to a boil. Reduce to low, mash berries and return the mashed berries to pot. Simmer 45 min-1 hour.

Pour the mixture through cheesecloth, removing all plant material. Squeeze well to extract as much liquid as possible and compost the pulp. Allow liquid to cool slightly, then pour half juice and half honey into mason jars for storage. Stir well, and refrigerate. Keeps for 2-3 weeks.

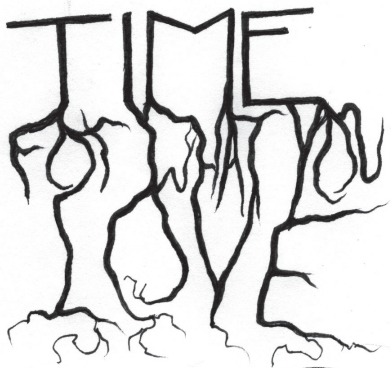
This syrup is delicious as a sweetener in teas, coffee, over oatmeal or as a dessert topping!

HAWTHORN ROSE

TINCTURE

- DRIED HAWTHORN BERRIES
- DRIED ROSE PETALS
- BRANDY
- OPTIONAL HERBS (CINNAMON, MOTHERWORT, ORANGE PEEL, ETC)

Fill a mason jar up halfway with a 1:4 ratio of rose petals and hawthorn berries. Fill jar to within 1 inch of top with brandy (or liquor of choice). Allow to "tincturify" for 3 months in a dark place, shaking occasionally. Decant into tincture bottles and share. Can be taken by the dropperful, 1-3 times daily, or as needed for indigestion.

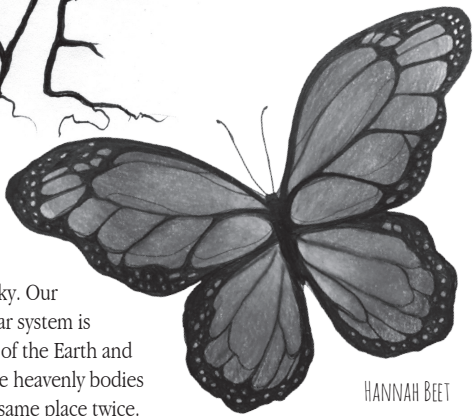


BY HEATHER JO FLORES

The ancient Mayan calendar followed the cycles of Venus, the first and brightest star in the sky. Our modern clock and calendar system is based on the movements of the Earth and her moon. However, these heavenly bodies never return to the exact same place twice.

They rotate, they orbit, they speed up and slow down, but they do not do these things the same way every time. Because of this, the tools we use to document the passage of time must fudge the truth into predictable, repeating cycles, which are programmed into machines and printed out years ahead.

Billions of people organize their lives around this little ruse, and see the passage of time as a straight line from birth to death. Any little quiver, any



HANNAH BEET

bump on this long and narrow road is seen as a perversion, an unlikely superstition best reserved for mad scientists and acid heads. But nothing in nature moves in a straight line, and time is no exception.

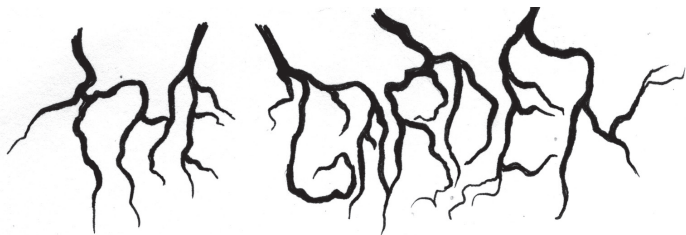
Time is not linear, it's a cycle. It curls, spills, flows around obstacles, pools, flashes with light and darkness. It can be swallowed, absorbed, filtered, lost and found. Time is not static; like every other element in a design, its form and value are relative to scale

and placement within the system. A weekend for us is a lifetime to a butterfly. She will emerge, learn to survive, explore, and procreate, then she will grow old and find a place to die, all in the time it takes us to mow the lawn, watch a few football games, and eat nine meals. ✨

Excerpt from "Food Not Lawns" chapter 8, Chelsea Green, 2006



ALEGRIA



BY GABRIEL RIMA

CULTIVATE FOCUS. CULTIVATE PATIENCE.

CULTIVATE FAITH, HOPE, GRACE, AND AMAZEMENT.

WATCH FOR THE LOCUSTS. WATCH FOR THE APHIDS.

DON'T LET THEM GO NEAR YOUR SACRED HYDRANGEAS.

DON'T WASTE IT, WATER OR TIME.

DON'T WASTE RAGE OR THE THOUGHTS IN YOUR MIND.

DON'T WASTE LOVE. DON'T WASTE INFORMATION.

SAVOR YOUR BRAIN CELLS. THEY CAN BE TAKEN.

THE PICKET FENCE THAT ENVELOPES YOUR CROPS,

THAT MARKS THE TEMPLE OF WHICH YOU ARE GOD.

YOU MUST PROTECT IT. YOU ARE THE BOSS.

USE YOUR INTENTION. THIS IS YOUR JOB.

WORK HARD, OFFER YOUR SERVICE, INVEST,
GIVE WHAT'S WITHIN YOU, AND EARN YOUR REST.
AND THE REST... THAT'S OUT OF YOUR CONTROL.
SOME FLOWERS DIE, AND SOME FLOWERS GROW.



ALANA "MUZKA" JOLENE

MULCHING



BY PLAEDO

Autumn is an enchanted time 2 garden. Similar to those ancient sacred Samhain ceremonies, to garden in Autumn is to be witness to the transformation of nature, when the leaves abandon their conformity of green to fashion costumed hues of yellow, red and orange. It is a time of transition and a time to, as the old timers say, ‘Reap what we have sown”

So I use my sprinkling of rain free mornings to proudly harvest squash, potatoes, kale, cabbage, and spinach. And with humility, I look at my garden beds and know, my garden, like my soul, is a work in progress. I have been harvesting my veggies from plants that erratically sprouted in my beds, crowding out any hope for straight rows or geometric design. This was the result, of my spring commitment to ‘going with the flow of nature’ and designing my garden beds around natures design. While the volunteers grew robustly, this approach severely compromised and challenged my efforts towards crop rotation and companion planting and left me with a less efficient garden. It was clearly a system in need of balancing.

On these serene Autumn mornings, almost silent, except the gentle whisper of the wind through the leaves of the trees. I contemplate, what may garden can teach me. In what ways have the wild seeds of my soul, those

unruly emotions and attitudes, compromised my own inner garden? How can I be more balanced, intentional and resolute with the plot of my life?

The permaculture way is to use the growth from the past, those successes and failures and fallen leaves we have to fertilize the future. So as I contemplate the growth of my garden and soul; I uproot the plants no longer productive to the compost bin and I use my fallen leaves to mulch my garden. I put the beds to sleep under the cover of leaves and beneath the dark cover a magical process will occur as the death of yesterday provides the soil for the growth of tomorrow. It's getting colder and wetter by the day, soon I too, will go inside to regenerate for next years garden... 🌿



Lierre commun (*Hedera helix*).

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